

FIGHT SHEET

v0.2

WEEK

CHARACTER

ATTEMPS
COLOUR KEY

1	2-3	4-5	6-7	8+
(0pt.)	(2pt.)	(4pt.)	(8pt.)	(12pt.)

End-of-week scoring.

REGULAR SETS

REPS	L	R	SCORE
REPS	L	R	SCORE
REPS	L	R	SCORE
REPS	L	R	SCORE
REPS	L	R	SCORE
REPS	L	R	SCORE
REPS	L	R	SCORE
REPS	L	R	SCORE

FOCUS SETS

REPS	L	R	SCORE (/2)
REPS	L	R	SCORE (/2)
REPS	L	R	SCORE (/2)

INSTRUCTIONS:

1. Write down the moves you are practicing and the number of repetitions of that move you intend to do.
2. Pick five colors, or symbols, or whatever to correspond with how many attempts it took to do the desired number of repetitions of your move flawlessly, and fill the colour key boxes.
3. PRACTICE and colour the boxes as you go through each set, there's a box for each day of the week, for each side of the screen.
4. At the end of the week, add up the score for each set, take the two HIGHEST scores, and write them down on the Focus sets section of your new sheet.
5. If you fill an entire row of boxes with scores of 1, you can swap that exercise for a new one (but mix it back in every now and then!)